

Macaroni and Cheese with a Maple Baked Ham

Ingredients:

2 cups of butternut squash cut 1" pieces
1 lb ham
4 cups milk
3 tbsp butter
¼ cup flour
1 cup sharp cheddar
1 cup white cheddar
1 cup Romano cheese shredded
1 lb macaroni
Salt and pepper
⅓ cup maple syrup
½ cup water

Directions for Macaroni and Cheese:

1. Put 6 cups of salted water in a pot and bring it to a boil.
2. Put the butternut squash in the boiling water and cook until it is soft, then drain and set aside.
3. In a separate pot, melt the butter on medium heat, then whisk in the flour to make a roux.
4. Once the roux turns a light golden color, slowly whisk in the milk, and then bring to a boil. Allow sauce to thicken slightly.
5. Turn down the heat and add the cheddar and romano cheese 1 cup at a time until the cheese is melted, season with salt and pepper to taste.
6. Cover pot and turn off the heat.
7. Cook the pasta in a pot of salted boiling water.
8. Meanwhile, in a separate bowl, using a blender or a handheld blender, blend the cooked butternut squash while slowly adding the cheese sauce.
9. Cook pasta and drain. Add the sauce and hold warm while you finish the ham.

Directions for the Ham:

1. Cut ham in triangles or little chunks, spray a sheet pan with cooking spray, shingle ham and drizzle it with maple syrup and water.
2. Bake in the oven at 350F for 15-20 minutes.